

ABSTRACT

The methods of the invention can be used to protect against lymphocyte DNA  
5 damage and free-radical associated disorders in a subject. The methods of the present  
invention can be used to increase the antioxidant capacity in both the aqueous and lipid  
compartments, decrease DNA oxidation, decrease lipid peroxidation, and increase  
antioxidant nutrient levels in the circulation. The protective effect of the physiologic  
dose of the mixed carotenoid supplement is rapid, consistent and cumulative.

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